



**Step-byStep Guide for How to Apply Be Set Free Fast to
Achieve Instant Breakthroughs to Your Ideal Results in Any Situation**

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DISCLAIMER: The following tool offers rapid, lasting subconscious changes in beliefs and emotional patterns. Working alone on issues of intense trauma, without benefit of a health provider or counselor, is not recommended. Neither is this simple, powerful tool advised for witnesses in lawsuits where emotional state of mind is at issue, prior to trial, without the consent of your lawyer.

A Tool to Achieve Instant Breakthroughs to Your Ideal Results in Any Situation

What's in this tool for you? What do you prefer in your favorite “transformational tools”? When you want to make lasting changes in your experiences and results, are you like me in that you want simplicity in a process? And elegance? A tool that is powerful and effective? That delivers easy, gentle, lasting results? Do you want at your disposal a tool that, once it's in place, almost runs on “autopilot” to unlock limiting subconscious patterns? What if all you have to do is simply focus your awareness on your “other than optimum” experience (that is, on your thoughts, emotions and body sensations,) choose to move toward more inner freedom, then send a specific signal to your subconscious to do all the heavy lifting to clear out the subconscious patterns that are creating your problematic experience? Tools with those qualities are the ones I love most! And that is precisely the kind of tool I'm sharing with you now.

Complex practices, protocols and tools get shelved in my world, even if they deliver what they promise. Why is that? Because there's zero requirement that life be hard or cumbersome. And because changing limiting beliefs and emotional patterns can be simple, when you have the right “know how” and the right tool. In fact, I've made a comprehensive study of a multitude of transformational tools. I'm delighted to share one simple, powerful, easy-to-apply tool that delivers profound and consistent results when you want to dissolve the root causes of limiting beliefs and emotional upsets.

Once you put the tool in place by giving your subconscious a one-time instruction that's presented in this article, you're all set. After that you simply notice when you're having an experience you'd rather not be having, intend to change your experience, and put your subconscious to work by thinking or saying your “cue.”

We'll put the pieces of this tool together bit by bit so you can create **instant breakthroughs out of “other than optimum experiences” and into what you want instead.** What do you want? More peace, freedom, joy, love? You choose! Dissolve what's stopping you and open up to attracting and creating what you want instead. Do it now, with ease and grace!

Here's why your beliefs are either good news. . .or not: Research in the field of neuroscience demonstrates that about 95 to 99% of the results you experience in your

life are driven by beliefs you hold in your subconscious (rather than your conscious) mind. So conscious choice counts, to be sure, yet your real power comes from what's going in your subconscious. If what you consciously choose is aligned with what is actually programmed in your subconscious, you achieve effortless results. If your conscious choices and subconscious beliefs and programs are out of alignment, though, if they aren't congruent, then you experience inner tension and have difficulty achieving the results you want. **So what's critical is what you really believe, rather than what you think you believe. Think about that a moment, why don't you?**

For our purposes, **a belief is a statement you think is true or correct, whether you are conscious of it or not.** I'm reminded of a story about how one family's recipe for cooking a ham required cutting off both ends of the ham. The daughter asked her mother why that was. The mother wasn't sure "why," only that "it's just how to cook a ham." But the daughter asked her grandmother about the recipe, and the grandmother said, "Oh, that's because the only pan I had wasn't large enough to hold a full ham. So I had to make the ham fit the pan." The daughter questioned the belief about how to cook a ham and discovered the **belief was limiting and ripe for an update.** In the model I use when I'm working with clients, I use 3 broad categories of core limiting beliefs: Abandonment and Betrayal; Significance and Self-Worth; and Trust, Safety, Surrender, Discernment. In just a moment I'm going to demonstrate how I dissolved a belief of mine about "significance and self-worth." Most people have a limiting belief or two in this category! Perhaps you do, too.

Without going into deep detail about how we form beliefs (a comprehensive special report is available on my website for those of you who are curious about how we humans are wired, and who want a thumbnail sketch of functional distinctions among levels of mind,) just know there's ample scientific research to support this statement: Humans are neurologically "wired" to make meaning of experience. It has to do with the mammalian brain. You see, hear, feel, sense, taste, smell and from that sensory experience the brain generates thoughts about the experience, from which conclusions are made, thus forming beliefs; and those patterns of beliefs drive emotions and behavior. And the beliefs that drive emotions and behavior can propel you toward your highest potential. Or lock you in limbo. Limiting beliefs keep you at odds with your True Self (also known by some as your Higher Consciousness or Soul or Being or your I AM Presence,) at odds with what you know on your deepest levels is possible for you.

When what you believe to be true is consistent, congruent, aligned on all your levels of mind (including your Higher Consciousness,) your life flows with ease, grace, and harmony. However, when you hold a subconscious belief that is at odds and somehow limits the fullest expression of your Being, that limitation will become evident to you in some way - directly (e.g. you experience something that isn't what you want and you recognize the pattern or result as being the product of a limiting belief) or indirectly (e.g. something is amiss in your life, "other than optimum," and you're baffled to understand what's going on.) That invisible, baffling, "something that's going on" is undoubtedly the result of a limiting subconscious belief.

And the good news about self-limiting beliefs is that so long as you have

- (1) an abiding trust that since you created or unconsciously accepted (think about the mother who chopped off the ends of the ham) any limiting beliefs you have, you can therefore change and update ones that don't work for you anymore, and
- (2) a heart-felt desire to Be your full potential, and
- (3) a commitment to yourself to consistently apply effective belief change tools until you have unshackled yourself from beliefs that aren't moving you toward Being your full potential,

then the world is your oyster. Period. So clear out or update the beliefs and emotional patterns that limit you, that create the “other than optimum experiences” in your life. Open up your oyster and free yourself to Be. Allow your life to flow with ease, grace and harmony. And just know that the change process can be easy, gentle, rapid and lasting. You can create Instant Breakthroughs.

Now **Let's Put the Tool in Place for You:** Next I'm going to share a method (or tool) from a modality called Be Set Free Fast^(TM) (BSFF), developed by clinical psychologist Dr. Larry P. Nims. There are thousands of BSFF practitioners worldwide, and I'm honored to be one of 10 internationally authorized instructors of this method. And I love to share BSFF with people because it's simple, easy to learn and it works every time.

The method will work for all varieties of limiting beliefs, emotions or patterns of perception. And lest you think I'm going to approach this simply as a “talking head,” rest assured I'll be using an acute experience in my own life to illustrate how to apply each and every step of this tool. **My example is going to illustrate applying the tool in the context of “Relationships” to a belief about my “significance and self-worth.”**

Remember that the tool applies regardless of context (e.g., Money and Abundance, Stress that affects Health & Well-Being, or your Spiritual Awakening, just for starters.) And in fact, I chose “significance and self-worth” as the core limiting belief example because it almost always affects every category of core limiting belief and plays out in every aspect of people's lives. Give some thought now to how your beliefs about your significance and self-worth might be limiting you right now.

Think about “money and abundance” for example. Your beliefs about your significance, what you deserve, your sense of self-worth, are mirrored in the cash flow of your life. Not enough money in your life? I'll bet money there's some sort of lurking limiting belief about deserving to have lots of money. So if “money” is what's up on the radar of your life, this tool's for you!

As I lay out how to put this tool in place, I encourage to “work along with me” and apply the tool to something you'd like to shift in your life. That way you get to unlock and dissolve some of your inner baggage as your read along. And achieving results will be easy, gentle, rapid and lasting. Fair enough? Here we go.

My story about bumping into a limiting belief about significance and self-worth:

Once upon a time I got a call from my aunt wondering if my children and I would like to ride with her to the wedding reception of my brother. Very thoughtful invitation. Except that my children and I hadn't been invited to either the wedding or the reception. The shock of this incident registered as "traumatic" on my inner richter scale, resulting in time spent in the fetal position wrapped up in my quilt. If I were inclined to suck my thumb, that's when it would have happened. This shock was that bad. And within a few weeks my pulse was so high I thought I was in the Big Checkout Line of Life. Medication required. And, savvy belief and energy transformation expert that I am, my question to myself became, "What belief do I have that is creating such a reaction in me?" What I uncovered, with persistence and great diligence, was a belief about "not deserving all manner of good things." And the kicker was it wasn't just my belief about me...the further I dived in, the further back up the family tree the energy of the limiting pattern persisted. (Generation upon generation of "cutting the ends off the ham.") Naturally, I set about shifting the belief...for me as well as shifting the energy at levels of higher consciousness in the whole family system.

(How to shift beliefs on behalf of your entire soul lineage and biological family is beyond the scope of this article; however, with some advanced "know how" regarding the use of this tool, you can send healing beams of love that offer transformation beyond the bounds of time and space. And that's so important in this day and age, in my opinion!)

And my story goes on. Fast forward from several years to about a year ago. I've been diligently putting a new business model in place. Working long hours and working very hard, in fact. It's been exciting, and absorbing all the new information has been quite challenging. I called my 90-year old father to wish him a happy birthday and I asked what he'd done that day. His response? "Absolutely nothing of consequence. *Probably just like what you do in a day.*" In the moment I concluded the comment was intentionally hurtful and rude, and I brought the phone call to a conclusion. Then came a flood of tears. And it is at this point in the "once upon a time" that we will begin to apply the steps of the tool I'm excited to share with you. Because you see, I'm going to show you how I've changed the belief that caused my tears, created my upset, sparked my "other than optimum experience." And you can do this for anything you're experiencing that isn't optimum, too! Money and Abundance. Relationships. Health and Well-Being. Spiritual Awakening. Big stuff or small stuff.

So let's get to the nitty gritty and put this amazing tool in place in your repertoire of self-help tools, shall we?

Step 1. Notice your experience and 'calibrate or assess' your experience (your thoughts, emotions, physical sensations.)

(a.) Notice your experience. Does whatever you're experiencing feel good? Are your thoughts and inner dialogue uplifting and empowering? Or are you criticizing yourself or making yourself wrong? Or, God forbid, wondering "Am I good enough?" (I say this because you may be in the habit of just muscling through anything and everything in order to maintain your momentum. Ignoring what doesn't feel good or seems dis-

empowering? Stuffing it, perhaps?) **With this tool, though, you don't have to tolerate any experience that's "other than optimum" ever again.** With this tool you can now shift everything you want to. Truly. Stay with me here. We're putting the building blocks of the tool in place. And it **starts with being attuned to what you're actually experiencing.** Notice what's going on with you, and notice if it feels good, or not.

(b.) Calibrate your experience. Is what you're experiencing "Good" ? Or could your experience be better? If it could be better, in other words if your experience is "other than optimum," then calibrate - like taking your temperature - to see how much better your experience could be in order for it to be your ideal experience.

Here's one way to calibrate your experience: on a scale of 0-12, 12 being your divine ideal and 0 being your worst nightmare, far worse than you ever have or ever will experience, simply ask, "On a scale of 0-12, where is this experience for me now?" You'll become aware of a number, and you can jot that number down so you can compare how much you've changed by the end of this exercise.

Example: Step 1 - (a) Notice experience and (b) calibrate/ assess your experience: I'm on the phone with my dad. He makes a comment that seems odd and critical of me. In the moment, my inner dialogue is "I don't like how that comment feels. Ok. I'm finished with my birthday wish. Going to hang up now. This is not ok with me." **(b) Calibrate: "Where am I now regarding this upset, 0-12?"** Then I just allow myself to become aware of a number. And if I think I'm not getting a number, I ask, "And if I had become aware of a number, what is that number?" Then I jot that number down so I can track my progress. (Just fyi, my calibration for this experience is a 6 and 12 on this 0-12 scale would be ideally "free from upset." So I notice there's an opportunity for me to dissolve some patterns that are creating hurt feelings in me.)

Now it's your turn: Step 1 - (a) Notice your experience(s) (your thoughts, emotions, physical sensations) and choose a specific experience that's "other than optimum" for purposes of shifting the underlying beliefs and emotional patterns that created your experience.

(b) Calibrate or assess your experience by asking, "0-12, 12 being my divine ideal experience, free of any upset, where is this experience for me now?" Write down the number you become aware of so you can notice what's changed for you by the end of this exercise. As much as anything, this step lets your conscious mind know something happened, even though your conscious mind doesn't need to "understand" anything for this tool to work. _____

Step 2. Set Intent to Dissolve the Limiting Subconscious Pattern(s). If your experience is "other than optimum," then you get to choose whether to shift toward a better experience or not. If you choose to shift toward a better experience, set Intent to

change the pattern. For our purposes, “Intent” is simply a conscious choice to achieve a particular outcome.

Example: Step 2 - Intent. As I hung up the phone with my dad I was thinking, “Well, I stayed pretty neutral while I was on the phone. But now I’m feeling hurt. That comment seemed intentionally unkind. And feeling hurt is simply not a way I want to expend my energy. So I choose to shift whatever it is in me that makes me feel hurt.”

Your turn: Step 2 - Intent. You’ve noticed your “other than optimum” experience; you’ve calibrated your experience; now you intend to do something about the patterns that are creating your ‘other than optimum’ experience. It’s simple. Just consciously choose when you think or say: “I intend to change this pattern/belief/experience.” No need to write down your intent, but you certainly can if you wish _____

Step 3. (a) Give a One Time Instruction to Your Subconscious About What You Want it to do When You Use Your Cue. Because the subconscious mind is literal and consistently and predictably does what it is programmed to do (and there are different ways to program the subconscious; however, describing those various methods is outside the scope of this article,) you can consciously direct the subconscious.

We’re going to do that now, giving your subconscious an abbreviated one-time instruction from Be Set Free Fast (BSFF), developed by clinical psychologist Dr. Larry Nims. In addition to being a clinical psychologist, he’s trained in NLP, EFT and Thought Field Therapy. So you get a lot of benefits when you’re using the BSFF modality. **You only have to give this abbreviated instruction to your subconscious one time.** BSFF is amazing in its simplicity and effectiveness. You can use this tool any time, anywhere and no one will be any the wiser or have an inkling that you’re taking charge of your experience right then and there.

This next building block gives your subconscious a one-time instruction about what your subconscious is to do each and every time you notice your experience, intend to dissolve limiting subconscious patterns, and you direct your subconscious to get to work by thinking or saying your cue. (May I recommend you choose the cue, “All Clear”?)

Here’s the abbreviated instruction. (This instruction will be like taking a 30 mile an hour test drive of a tool that will take you 120 miles an hour when you give your subconscious the comprehensive set of instructions, which are way too comprehensive to include in this article.) Again, you only have to give the instruction to your subconscious this one time. After that, your subconscious will just follow the instructions whenever you intend to shift your experience and use your cue. How does it get any better than this?)

“I’m accessing, from the morphic field, the instructions and definitions of Be Set Free Fast in this quick BSFF version.

When I'm speaking like this I am talking to you, subconscious, in all the dimensions and all the energy systems you connect to. Whenever I say or think the words, "All Clear," you will dissolve any thought, feeling, emotion, memory, fantasy, sensation, problem, issue, need to act or react, or anything else I notice on any level that causes me harm or distress or confusion. You will do this immediately, permanently and faithfully, back to the original roots of what you are dissolving."

If this instruction is acceptable to you, think or say "All Clear" to confirm this to your subconscious now.

That's it. Your Be Set Free Fast cue is now in place, and it functions like a light switch, flipping your subconscious into gear to dissolve the root causes of self-limiting patterns. All you have to consciously do is notice your experience, intend to dissolve the patterns creating your "other than optimum" experience, and direct your subconscious to go to work when you think or say your "All Clear" cue. (Intent is essential. If you say or hear the words "All Clear" in casual conversation, this tool doesn't activate. Your subconscious goes to work to follow the instruction only when you intentionally direct it to by using the All Clear signal.)

Step 3 (b) - Putting it all Together: Notice, Intend, Use the Cue Until You Feel Complete.

Example: Step 3 - Putting it all Together to Dissolve the Root Causes of "Other Than Optimum Experiences:" Notice, Intend, Cue. I'm off the phone, I feel upset, I've calibrated my experience as a 6 on a 0-12 scale, and I'm choosing (setting intent) to dissolve the patterns that are the root cause of me feeling upset.

Now what I do is just "stay in my experience" and begin to shift the root causes of my experience by **using the cue for everything I notice: thoughts, emotions, limiting beliefs I become aware of, everything that's "other than optimum."** I do this until I feel a sense of completion, or I'm at the end of the time I have available for "doing my inner transformational work." I can always pick up where I left off at a later time if I haven't reached a sense of completion. So here's how it went for me...notice as you read through what I experienced that I intended and signaled my subconscious to dissolve a variety of thoughts, emotions, body sensations:

- I feel astonished by the remark (in my solar plexus area) All Clear
- I feel a heaviness...All Clear...Sadness...All Clear..."less than" in my heart All Clear
- I'm thinking, "I don't deserve to be treated that way!" All Clear and then "Why can't he see that I do important work?" All Clear "It's always like this." All Clear "Some things are never going to change." All Clear "I'm really finished with this dance we do. Totally finished." All Clear
- Still feeling heaviness in my heart. All Clear
- Tears. All Clear

- This is just how it is with us. All Clear
- I really don't like how this feels. All Clear
- I don't like it when anyone says what I do is insignificant. All Clear
- I think my work is significant. All Clear
- I AM significant. All Clear
- What other people think of me is none of my business. All Clear
- His comment hurts. All Clear
- I really have zero idea what he could be thinking that would prompt a comment like that. All Clear
- I choose to dissolve every thought, feeling, attitude, belief, imagination and every other problem that I have ever had about or toward wanting my dad's approval. All Clear
- I choose to dissolve every thought, feeling, attitude, belief, imagination and every other problem that I have ever had as a result of wanting my dad's approval. All Clear.
- I'm feeling calm now. All Clear
- I really am the only one who has the power to decide if what I do is significant. All Clear
- And I wouldn't do what I do if my Soul weren't calling me to do what I do. All Clear
- And the bottom line is that if I'm okay with me and choose to believe what I do is significant, and that I AM significant, that is enough. All Clear
- In fact, I think I'll just forgive my dad for what he said. All Clear
- For whatever he meant by what he said. All Clear
- And for whatever meaning I made of his remark that caused me to feel hurt. All Clear
- I forgive myself for feeling hurt. All Clear
- And know that everyone does the best they can, including Dad and me. All Clear
- And I choose to dissolve all anger, judgment and criticism of myself. All Clear
- And I choose to dissolve all unforgiveness toward myself. All Clear

Your Turn: Step 3 - Putting it all Together to Dissolve the Root Causes of "Other Than Optimum Experiences:" Notice, Intend, Cue.

Notice: What are you experiencing (or did you experience) that's "other than optimum"? Thoughts, emotions, body sensations, etc. _____

Calibrate/ Assess Your Upset: "0-12, 12 being my ideal, free of upset, Where is this experience for me now? You'll become aware of a number. Jot that down if you wish so you can track your shifts. (Your conscious mind will like this.) ____

Choose to shift your experience or not. If you want to change your patterns of experience, simply set intent to do so. For example: "I want to change this experience." Next, you simply stay in your experience and use your cue to dissolve whatever it is you notice you're experiencing.

Then you simply think or say “All Clear” to signal to your subconscious that you want it to follow the instruction you gave it to dissolve the root causes of the patterns that are creating your “other than optimum experience.” (Remember, it’s only necessary to give the instruction one time because the subconscious is literal and consistent in doing what it’s programmed to do.) Just stay in your experience, noticing your thoughts, emotions and physical sensations, and use your All Clear cue for everything you’re experiencing.

4. Notice What’s Changed and Recalibrate Your Experience.

Example: Step 4 - Re-Calibrate. Ok. I’ve noticed the details of my experience...my emotions, my thoughts and I’ve used my All Clear cue until I reached a sense of calm and completion. I simply ask myself again, “0-12, 12 being my ideal experience, free of limitation, where am I now?” And notice what’s changed. When I’m at a 12, then I know that I’ve dissolved the relevant patterns for this experience. If, when I re-calibrate, I’m at less than 12, I can either just continue to notice my experience, and I can also ask my subconscious: “What would it serve me to know or do now in order to move from ____ (calibration) to a 12?” Then I just wait until my subconscious offers a signal or response in the form of a thought, emotion or physical sensation. When that happens, I simply follow my experience and use All Clear for everything I notice. Using this tool is really that simple.

In my example, I’m now at a 12 for the flare up of the limiting belief about my significance. Whew! My dad is about to have another birthday, and I’m curious to notice my experience and **Notice** if I’m now creating a more pleasant experience for myself. **I calibrate my upset** if I’m not. And direct my subconscious to go after more layers of limiting beliefs and emotions when I **use the All Clear cue** if I’m experiencing something that’s “other than optimum.” Because if my experience is “other than optimum,” it’s simply a problem that this Be Set Free Fast tool can dissolve. How does it get any better than that?

Your turn: Step 4 - Re-calibrate to notice what’s changed. Simply ask yourself again, “0-12, 12 being my ideal experience, free of limitation, where am I now?” And notice what’s changed when you compare this number with the number you noticed when you started this exercise. _____

Here are Some Answers to Frequently Asked Questions About Using this BSFF Tool:

1. Do I have the full power of this tool available to me now? Actually, this exercise and abbreviated instruction give you an experience of how the tool works. And the abbreviated instruction is just that: a 30 mile an hour test drive of an amazing tool that will take you 120 miles per hour (at least!) when you give the one-time comprehensive set of instructions to your subconscious.

2. What if I notice I'm having an "other than optimum experience," (e.g. maybe I'm distracted and I want to focus on something important and just can't seem to zero in on what I'm doing) but I don't know why I'm distracted (or upset?) The good news is you don't have to know why you're experiencing what you are. Your subconscious knows what beliefs and emotional patterns are linked to your current experience, and when you intend to shift those patterns and use your "All Clear" cue, the subconscious follows the instruction you gave it and dissolves those patterns. This tool is simple, yet powerful and creates lasting results.

3. What if I don't think anything has changed? Your subconscious will faithfully follow the instruction you gave it, each and every time you intend to dissolve the limiting patterns and think or say your All Clear cue. Think of your limiting patterns as if they were an iceberg. With each use of your Cue, your subconscious shaves off a layer of the iceberg that is your cluster of limiting beliefs and patterns. Every time. Whether your conscious mind is aware of the shift or not. And to calm the conscious mind's concern about whether something happened, I teach people how to do the 0-12 pre and post calibrations. It helps the conscious mind "get" that something "real" happened. Know that your subconscious has dissolved at least a layer of the iceberg that represents the root causes of your problem if you intended it to!

4. What if I don't feel any physical sensations when I'm using my All Clear cue? That's ok. Some people do experience physical sensations when they are shifting, like changes in body temperature, buzzing in their ears, or a feeling of momentary pressure in their head or somewhere in their body, or a feeling like something "just released." Whatever you experienced is just right for you, including feeling nothing at all. And calibrating helps your conscious mind "know" the magnitude of the change you just experienced.

5. How can I learn more about this Be Set Free Fast tool? There's information available on the website of developer Larry P. Nims, PhD at www.BeSetFreeFast.com

And when you want to discover how the full power of this extraordinary tool can help you unlock and dissolve patterns of limitation in your world, please go to my website and complete an application for a complimentary Instant Breakthrough Discovery Session: www.WholeMindMastery.com/Discovery. I'd love to guide you to discover your greatest obstacle to achieving your ideal results in Money & Abundance, Relationships, Health & Well-Being and Spiritual Awakening.

Kit Furey, JD, CHt, CEHP works 1:1 and with groups by phone or Skype to help clients get Instant Breakthroughs out of "other than optimum" experiences like worry, stress and doubt and into alignment with their ideal results in every situation.

Kit brings to her work the emotional and spiritual depth, compassion, and determination that come from raising 3 newborns adopted within 18 months (one of whom has special needs;) the pattern detection skills of a former lawyer; the teaching ability and knowledge of adult education principles that come from over a decade designing education programs for all the trial judges in her state; a shaman's capacity to summon

and hold rock-solid safe, transformational space for her clients; and the ability to unlock the secrets of the other-than-conscious-mind for her clients and class participants that comes from a mastery of Be Set Free Fast, hypnosis and other cutting edge spiritual and transformational modalities in the emerging field of energy psychology.

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